



COMRADES MARATHON 2016 MEN – PROFILES



CURRICULUM VITAE: Claude Moshiywa



PERSONAL INFORMATION

SURNAME: Moshiywa
FIRST NAMES: Claude
COUNTRY: R.S.A
DATE OF BIRTH: 10-Oct-1974
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

10km: 30 minutes
15km: 48 Minutes
21.1km: 1H06
42.2km: 2H24
56km: 3H11
Comrades: 5H32

Comrades Marathon Results

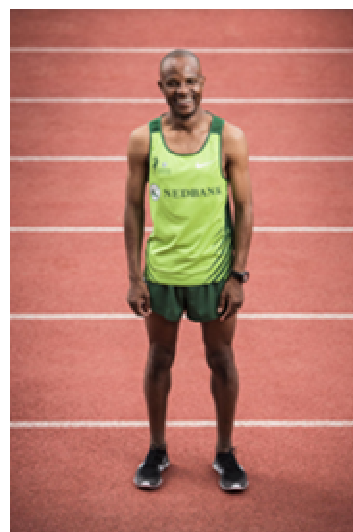
2005 Down, 05:42:23, 8th
 2006 Up, 05:50:18, 11th
 2007 Down, 05:53:30, 12th
 2008 Up, 06:04:12, 19th
 2009 Down, 05:53:22, 16th
 2010 Down, 05:43:04, 6th
 2011 Up, 05:42:06, 3rd
 2012 Down, 05:39:11, 9th
 2013 Up, 05:32:09, 1st
 2015 Up, 05:55:17, 7th

Two Oceans 56km Results

2006, 03:16:29, 13th
 2007, 03:12:03, 4th
 2008, 03:22:42, 18th
 2013, 03:15:36, 14th
 2015, 03:26:40, 19th
 2016, 03:22:20, 15th



CURRICULUM VITAE: **Ludwick MAMABOLO**



PERSONAL INFORMATION

SURNAME: Mamabolo
FIRST NAMES: Ludwick
COUNTRY: R.S.A
DATE OF BIRTH: 14.04.1977
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Half Marathon 1:07:37
 Marathon 2:20:48
 50km 2:57:28

Comrades Marathon Results

2010 Down, 05:35:29, 2nd
 2011 Up, 05:50:18, 7th
 2012 Down, 05:31:03, 1st
 2013 Up, 05:45:49, 4th
 2014 Down, 05:33:14, 2nd

Two Oceans 56km Results

2004, 03:19:44 21st
 2008, 03:18:02 11th
 2009, 03:14:43 7th
 2010, 03:20:52 18th
 2011, 03:16:33 18th
 2012, 03:22:48 25th
 2016, 03:17:52 6th

Annual Bests 2016

Event	Result	Venue	Date
Marathon	2:25:25	Benoni (RSA)	31.01.2016
50km	3:01:48	Om die Dam (RSA)	12.03.2016



CURRICULUM VITAE: Mthandazo Qhina



PERSONAL INFORMATION

SURNAME: Mthandazo
FIRST NAMES: Qhina
COUNTRY: R.S.A
DATE OF BIRTH: 25-Oct-1977
ID: 770925 5964 081
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	30:01	Bellville (RSA)	23.03.2013
15 km Road	45:41	Cape Town (RSA)	27.04.2012
Half Marathon	1:06:39	Atlantis (RSA)	24.08.2013
30 km Road	1:38:56	Cape Town (RSA)	09.01.2011
Marathon	2:17:11	Simon&apos Town (RSA)	19.02.2012
Marathon	2:17:45	Cape Town (RSA)	20.09.2015

Comrades Marathon Results

2012 Down, 06:21:42, 68th
 2014 Down, 06:01:47, 26th

Two Oceans 56km Results

2009, 03:40:10, 78th
 2010, 03:17:34, 21st
 2012, 03:11:00, 6th
 2013, 03:10:02, 2nd
 2014, 03:16:11, 9th
 2015, 03:14:26, 4th
 2016, 03:22:12, 14th



CURRICULUM VITAE: Sepitle Raymond Phaladi



PERSONAL INFORMATION

SURNAME: Phaladi
FIRST NAMES: Raymond
COUNTRY: R.S.A
DATE OF BIRTH: 04.04.1982
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Date	Event	Result	Position
2016	Loskop Marathon 50km	2:52:27	3rd
2015	Om Die Dam 50km	3:11:07	7th
2014	Comrades Marathon - Down Run 89km	6:10:11	
2014	Om Die Dam 50km	2:58:55	4th
2012	Two Oceans Marathon 56km	3:30:07	



CURRICULUM VITAE: Siphiwe Ndlela



PERSONAL INFORMATION

SURNAME: Ndlela
FIRST NAMES: Siphiwe
COUNTRY: R.S.A
DATE OF BIRTH: 09.04.1989
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2016 Two Oceans 56km 10th 3:19:55
 2015 Zululand Ultra-marathon 4th
 2015 Comrades Marathon 18th 6:06:08
 2014 Zululand Ultra-marathon 9th
 2014 Comrades Marathon 15th 5:46:46

CURRICULUM VITAE: Mohammed Temam Husien





PERSONAL INFORMATION

SURNAME: Husein
FIRST NAMES: Mohammed
COUNTRY: Ethiopia
CLUB: Nedbank Running Club
D.O.B: 11/08/1990

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
Half Marathon	1:06:29	Rayong (THA)	28.10.2012
Marathon	2:12:45	Verona (ITA)	20.02.2011

Comrades Marathon
 2015 Up, 05:46:14, 2nd

Two Oceans Ultra Marathon
 2015, 03:18:38, 8th



CURRICULUM VITAE: **Mike Fokoroni**



PERSONAL INFORMATION

SURNAME: Fokoroni
FIRST NAMES: Mike
COUNTRY: Zimbabwe
DATE OF BIRTH: 1977/01/10
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	29:41	Mamelodi (RSA)	05.04.2009
20 km Road	1:01:58	East London (RSA)	02.07.2006
Half Marathon	1:03:04	Port Elizabeth (RSA)	04.07.2009
Marathon	2:13:17	Beijing (CHN)	24.08.2008
50 km Road	2:48:33	Cape Town (RSA)	23.04.2011

Comrades Marathon

2012 Down, 05:58:37, 30th
 2013 Up, 05:50:11, 8th
 2014 Down, 05:45:46, 13th
 2015 Up, 06:37:16, 60th

Two Oceans Marathon

2010, 03:11:38, 6th
 2011, 03:11:25, 7th
 2013, 03:13:29, 10th
 2015, 03:16:56, 6th
 2016, 03:13:33, 1st



CURRICULUM VITAE: **Colin Parura**

PERSONAL INFORMATION

SURNAME: Colin
FIRST NAMES: Parura
COUNTRY: Zimbabwe
DATE OF BIRTH: 1985/02/05
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	30:58	Pretoria (RSA)	21.01.2012
Half Marathon	1:08:14	Middelburg (RSA)	04.04.2009
25 km Road	1:23:44	Pretoria (RSA)	09.05.2015
Marathon	2:24:29	Victoria Falls (ZIM)	14.07.2013

PERSONAL PERFORMANCES 2016

2 Deloitte Marathon 42km 2:27:22
 4 Loskop Marathon 50km 2:52:39

PERSONAL PERFORMANCES 2015

9 Clover Irene Spring (agn) 10km 32:57
 2 Love Run (agn) 21km 1:11:26
 1 Jakaranda Race Of Hope (agn) 10km 33:51
 3 Solomon Mahlangu (agn) 10km 32:43
 2 Ford 3 In 1 (agn) 21km 1:09:26
 2 Deloitte Pretoria (agn) 42km 2:24:55
 3 Bronkhorstspuit (agn) 10km 32:10

PERSONAL PERFORMANCES 2013

4 City2City 50km 2:55:38
 3 Sasol Secunda (mpu) 21km 1:10:02
 8 Mccarthy Toyota (agn) 21km 1:08:33

PERSONAL PERFORMANCES 2012

1 Elandsvalley (mpu) 42km 2:16:50
 2 Longtom (mpu) 21km 1:04:16
 3 Mccarthy Toyota (agn) 21km 1:08:37
 1 Ottosdal Nite (nw) 42km 2:25:39

PERSONAL PERFORMANCES 2011

2 Hunters Challenge (agn) 10km 31:40
 1 Jacaranda City (agn) 10km 31:08



CURRICULUM VITAE: **Charles Soza**



PERSONAL INFORMATION

SURNAME: Soza
FIRST NAMES: Charles
COUNTRY: Zimbabwe
DATE OF BIRTH: 1983
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10,000m	30:16	Harare (ZIM)	03.07.2005
10 km Road	31:00	Pretoria (RSA)	21.05.2005
15 km Road	47:19	Emmen (NED)	12.05.2006
Half Marathon	1:03:52	Haarlem (NED)	28.09.2003
Marathon	2:18:49	Bulawayo (ZIM)	03.11.2013

PERSONAL PERFORMANCES 2016

2 Loskop Marathon 50km 2:51:57
 3 Exec Mayor Modimolle to Bela Bela (lima) 28km 1:36:01
 1 Addicted To Life Freedom (agn) 12km 37:30

PERSONAL PERFORMANCES 2015

1 Sizwe Dr Motlana (agn) 42km 2:36:04
 2 Remax Wierie (agn) 21km 1:12:57

PERSONAL PERFORMANCES 2014

3 Ehk Nw Architects Mafikeng (nw) 42km 2:27:00

PERSONAL PERFORMANCES 2013

4 Rainbow Komatsu (cga) 21km 1:12:35
 3 Two Countries (lima) 42km 2:31:16
 7 Waterberg Mayor (lima) Short Course 10km 30:30
 6 Pick N Pay Morula (agn) 10km 33:18
 7 Xstrata Impilo 3 In 1 (mpu) 10km 34:26
 3 Deloitte Pretoria (agn) 42km 2:27:20
 2 Sasol Secunda (mpu) 21km 1:09:32



CURRICULUM VITAE: Eliya Mogoboya



PERSONAL INFORMATION

SURNAME: Mogoboya
FIRST NAMES: Eliya
COUNTRY: R.S.A
DATE OF BIRTH: 17.06.1984
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
15 km Road	49:41	Boksburg (RSA)	31.10.2010
Half Marathon	1:08:45	Pretoria (RSA)	10.08.2013
Marathon	2:24:30	Lephalale (RSA)	02.08.2014
50 km Road	3:03:55	Assen (NED)	20.08.2011

Best Running Performances

2016	Mayoral Race Polokwane (Iima)	42km	2:28:26	8th
2016	Gert Sibande District Municipality	42km	2:33:36	4th
2015	Om die Dam Ultra Marathon	50km	3:01:40	3rd
2013	City2City Ultra Marathon	50km	2:53:04	1st
2013	Two Oceans Marathon	56km	3:22:54	
2012	City2City Ultra Marathon	50km	2:54:35	5th
2012	Two Oceans Marathon	56km	3:21:55	
2011	City2City Ultra Marathon	50km	3:01:25	10th



CURRICULUM VITAE: **Eric Ngubane**



PERSONAL INFORMATION

SURNAME: Ngubane
FIRST NAMES: Eric
COUNTRY: R.S.A
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
Marathon	2:31:04	Hillcrest (RSA)	10.02.2013

Comrades

Year		Time	Position
2014	Down	06:18:13	54
2013	Up	06:37:12	57
2012	Down	05:50:29	23
2011	Up	06:19:11	42
2010	Down	06:01:58	24
2009	Down	05:58:01	19
2008	Up	06:13:51	26

Trail Running

2012 Three Cranes 100km stage race, 1st
 2013 Three Cranes 100km stage race, 1st
 2014 Three Cranes 100km Stage race, 1st
 2014 Ultra Trail Cape Town 100km, Time: 10:41:15, 1st
 2015 Mount Moodie Ultra Trail 80km, Time: 9:19:43, 2nd
 2015 Two Oceans Trail Run 22km, Time: 1:52:40, 2nd
 2016 Two Oceans Trail Run 22km, Time: 1:53:06, 1st



CURRICULUM VITAE: Lympson Maifo



PERSONAL INFORMATION

SURNAME: Maifo
FIRST NAMES: Limpson
COUNTRY: R.S.A
DATE OF BIRTH: 25.07.1978
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
City2City 50km	2:54:47	Gauteng	2012

Ultra Running Performances

2016 Slo-Mag 50km 3:06:57, 5th
 2015 Comrades Marathon - Up Run 6:11:57
 2015 Slo-Mag 50km 3:00:42, 1st
 2014 Legends Marathon 4:13:56, 4th
 2012 City2City Ultra Marathon 50km 2:54:47, 6th
 2011 City2City Ultra Marathon 50km 3:04:00
 2011 Comrades Marathon - Up Run 6:41:18
 2010 City2City Ultra Marathon 50km 3:13:04
 2009 City2City Ultra Marathon 50km 3:14:01



CURRICULUM VITAE: **Jonas Buud**

PERSONAL INFORMATION

SURNAME: Buud
FIRST NAMES: Jonas
COUNTRY: Sweden
D.O.B: 28/03/1974
CLUB: Nedbank Running Club



PERSONAL BEST PERFORMANCES

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:08:16	Stockholm (SWE)	12.09.2009
Marathon	2:22:03	Hartford (USA)	11.10.2008

2016

1st Tarawera Ultra marathon 2016, 8:00:53

2015

1st UltraVasan 90km
 1st World Championship over 100 km

2014

1st IAU 100k World Championships, 6:22:44
 1st UltraVasan 90km, 5:45:08 (New Record)

2014

2nd IAU 100k World Championships, 6:32:04
 7th Comrades Marathon down run, 5:38:17

2013

2nd Comrades Marathon up run, 5:41:21



2012

2nd in World championships at 100 km in 6:28:59

Six times winner of the Swiss Alpine Marathon, time: 5:57:25

2011

4th in Comrades Marathon up run, time: 5:42:45

Winschoten 100km, time: 6:52:19

Winner of the Swiss Alpine Marathon, time: 6:11:02

2010

European champion at 100 km 2010

2nd in World championships at 100 km in 2010

Four times winner of the Swiss Alpine Marathon 78K (2007-2010)

World seasonal best on 6 hours of running 89 334-meter

World seasonal best of 100 miles 12:32:04

2009

Stockholm Marathon, 4th, time: 2:24:37

Torhout 100km, time: 6:41:50

2007

Swiss alpine marathon 1st, time: 6:03:02

Stockholm marathon 25th, time: 2:41:05

Paris Marathon 35th, time: 02:25:36

2006

New York Marathon 24th, time: 2:23:55

Säfsbanan marathon 1st, time: 2:42:38

Stockholm marathon 12th, time: 2:29:46

London Marathon 34th, time: 2:22:28

2005

New York Marathon time: 2:26:56

Helsingfors marathon 4th, time: 2:31:36

2004

New York Marathon time: 2:36:47



CURRICULUM VITAE: **MAX KING**



PERSONAL DETAILS

SURNAME: King
FIRST NAME: Max
DATE OF BIRTH: 24 February 1980
GENDER: Male
NATIONALITY: USA

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>
100 Kilometres	6:27:43
50 Mile:	5:34
Marathon:	2:14:34
Half Marathon:	1:03:07
3000m Steeplechase:	8:30
10k Road:	29:01

Recent Highlights

Los Angeles (USA) Marathon 2:17:14 Feb 2016
 Western States 100mi Run 4th place Jun 2014
 World Mtn Running Champion Sept 2011
 UROC 100km Champion Sept 2012
 4 X Xterra World Champion 2008-2011
 JFK 50 Mile Champion 5:34 CR Nov 2012
 Olympic Trials Steeplechase 6th 8:30 Jun 2012
 6 X USATF National Trail Champion (Half Marathon to 50k) 2008 – 2012
 2012-14 Race Participation: 60+ races, 3 World Championships, Skyrunning Races, Two Olympic Trials, 12 National Championships, 20+ Race wins



CURRICULUM VITAE: Fritjof Fagerlund



PERSONAL DETAILS

SURNAME: Fagerlund
FIRST NAME: Fritjof
DATE OF BIRTH: 27 JUN 1974
GENDER: Male
NATIONALITY: Sweden

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Date</u>
50km	3:15:27	2015
100km	6:42:51	2015

Recent Highlights

2015

16th Festival des Templiers - Le Grande Course 73km 7:38:39
 6th RUN Winschoten 100 km 6:42:51
 1st UltraVasan 45km 2:45:30

2014

10th IAU 100km World Championship - open race 100km 6:55:30
 2nd WMA 100km Championship 100km 6:55:30
 5th Trail Verbier St Bernard - X-Alpine 111km 15:23:40
 1st Uddevalla Ultra 100km 7:06:43



CURRICULUM VITAE: **Orálek Daniel**



PERSONAL DETAILS

SURNAME: Daniel
FIRST NAME: Orálek
DATE OF BIRTH: 1970
GENDER: Male

PERSONAL BEST TIMES

<u>Distance</u>	<u>Result</u>	<u>Date</u>
Maraton	2:26:58	2011
50km	2:58:40	2009
100km	6:54:50	2011
6h	86,716km	2010
24h	223,990km	2010
48h	366,872km	2009



CURRICULUM VITAE: Zach Bitter



PERSONAL DETAILS

SURNAME: Bitter
FIRST NAME: Zach
DATE OF BIRTH: 1986
GENDER: Male
COUNTRY: USA

PERSONAL BEST TIMES

<u>Distance</u>	<u>Result</u>	<u>Date</u>
50km	3:03:11	2012
100km	6:44:04	2014
6h	83.600	2013
12h	163.600	2013
24h	201.198	2014

Recent Highlights

2016

10th Lake Sonoma 50 Mile 7:09:08

2015

1st Desert Solstice 24 Hour - 100mi Split 11:40:55

8th Desert Solstice 24 Hour 160.800 km

1st The Fall 50mi 5:17:25

1st Ice Age Trail 50 Mile Run 50mi 6:17:22

2014

6th IAU 100km World Championship 6:48:53

5th 24 hours in the Dome 161.304 km

1st Psycho Psummer Run Toto Run 50km 3:52:25

6th Ice Age Trail 50 Mile Run 6:19:52

1st Mad City 100K Road Race 6:44:04

4th South Carolina 24-Hour Race 201.198km



CURRICULUM VITAE: **Lebohang Mahloane**

PERSONAL INFORMATION

SURNAME: Mahloane
FIRST NAMES: Lebohang
COUNTRY: Lesotho
DATE OF BIRTH: 10 Nov 1982
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Date	Event	Result	Position
2016	Marathon Sasolburg RSA	2:30:13	3rd
2015	56 km Old Mutual Two Oceans	3:47:51	
2014	68 km Legends	4:17:43	9th
2014	Comrades down	06:05:48	
2014	56 km Old Mutual Two Oceans	3:35:51	
2013	56 km Old Mutual Two Oceans	3:37:12	
2011	56 km Old Mutual Two Oceans	3:10:49	6th



CURRICULUM VITAE: **Hatiwande Nyamande**



PERSONAL INFORMATION

SURNAME: Nyamande
FIRST NAMES: Hatiwande
COUNTRY: Zimbabwe
DATE OF BIRTH: 1979
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Date	Position	Result	Distance	Event
2015	3rd	5:48:19	87.72 km	Comrades
2008	2nd	2:55:54	50 km	City to City
2007	3rd	3:11:14	56 km	Old Mutual Two Oceans
2005	1st	2:26:36	Marathon	Glenmore Beach RSA
2004	8th	2:52:15	50 km	Loskop





COMRADES MARATHON 2016 WOMEN – PROFILES



CURRICULUM VITAE: **Charne Bosman**



PERSONAL INFORMATION

SURNAME: Bosman
FIRST NAMES: Charne
COUNTRY: R.S.A
DATE OF BIRTH: 6 November 1975
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	35:07	Port Elizabeth (RSA)	07.05.2011
15 km Road	54:44	Jeffreys Bay (RSA)	05.01.2013
Half Marathon	1:14:59	Pretoria (RSA)	02.02.2013
Marathon	2:41:56	George (RSA)	05.02.2012
Comrades Marathon	6:33:24	Durban (RSA)	31.05.2015

Comrades Marathon Results

2013 Up, 06:53:35, 5th
 2015 Up, 06:33:24, 2nd

Two Oceans 56km Results

2013, 03:40:16, 2nd
 2015, 03:54:32, 5th
 2016, 03:48:41, 4th

Best Performances 2016

1st Woodlands Dairy 15km 57:28
 1st Johnson Crane Marathon 2:48:52
 3rd George Claassen 10km 37:15



CURRICULUM VITAE: **Fikile Mbuthuma**



PERSONAL INFORMATION

SURNAME: Mbuthuma
FIRST NAMES: Fikile
COUNTRY: R.S.A
DATE OF BIRTH: 23 December 1980
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
Marathon	3:00:55	Pietermaritzburg (RSA)	22.02.2015
50km	3:55:35	Dolphin Coast Striders Ultra	04.09.2011

Comrades Marathon Results

2006 Up, 09:10:15, 171th
 2007 Down, 08:17:37, 50th
 2008 Up, 08:11:34, 27th
 2010 Down, 07:44:00, 29th
 2011 Up, 07:57:24, 34th
 2012 Down, 07:48:14, 27th
 2013 Up, 07:38:53, 16th
 2014 Down, 07:08:26, 12th
 2015 Up, 07:18:41, 15th

Best Performances 2016

Event	Result	Venue	Date
Marathon	3:08:23	East London (RSA)	20.02.2016



CURRICULUM VITAE: GERDA STEYN



PERSONAL INFORMATION

SURNAME: Steyn
FIRST NAMES: Gerda
COUNTRY: R.S.A
DATE OF BIRTH: 1990/03/03
ID: 9003030103084
CLUB: Nedbank Running Club - GN

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
5000 Metres	18:21	Dubai	14 DEC 2015
10 Kilometres	37:37	Dubai	8 JAN 2016
Half Marathon	1:25:51	Newcastle, UK	13 SEPT 2015
Marathon	2:59:54	Nice, France	8 NOV 2015

PERSONAL PERFORMANCES 2015

Dubai Autodrome Race 1, 5km: 18:52
 Dubai Autodrome Race 2, 5km: 18:21
 Abras Mina Race 3, 10km: 38:53
 RAK Half marathon: 01:26:58
 Great North Run, 21.2km: 1:25:51
 Dubai Marathon 42.2km: 3:12:09
 Nice Marathon, 42.2km: 2:59:54
 Comrades Marathon 89km: 8h19

PERSONAL PERFORMANCES 2016

2 Abras Mina Race 2, 10km: 37:37
 3 Standard Chartered Dubai 10km: 37:43
 1 Wadi Bih, 72km trail race: 6:16:05
 14 Two Oceans 56km: 4:15:44



CURRICULUM VITAE: Eleanor Greenwood



PERSONAL INFORMATION

SURNAME: Greenwood

FIRST NAMES: Eleanor

COUNTRY: Great Britain

DATE OF BIRTH: 14/03/1979

CLUB: Nedbank Running Club

Comrades Marathon Results

2011 Up, 06:32:47, 4th

2012 Down, 06:08:24, 2nd

2014 Down, 06:18:15, 1st

2015 Up, 06:44:03, 6th

2015

- **The North Face Endurance Challenge 50 miler:** 2nd female, 7:23:57. Marin Headlands, CA, USA. December.
- **Les Templiers 75k:** 1st female, 7:58:05. Millau, France. October.
- **Granville Island 10k Turkey Trot:** 1st female, 35:43. Vancouver, BC, Canada. October
- **Glacier Grind 44k:** 1st female, 4:53:55. Revelstoke, BC, Canada. September.
- **Salomon Valley to Peak 20k:** 3rd female, 2:40:56. Whistler, BC, Canada. September.
- **Mont Blanc 42.2k:** 4th female, 5:01:15. Chamonix, France. June.
- **Comrades Marathon (88k):** 6th female, 6:44:03. KwaZulu-Natal, South Africa. June.
- **BMO Vancouver Marathon:** 3rd female, 2:47:23. Vancouver, BC, Canada. May.
- **First Half Half Marathon:** 8th female 1:20:20. Vancouver, BC, Canada. February.



CURRICULUM VITAE: **Simona Staicu**



PERSONAL INFORMATION

SURNAME: Staicu
FIRST NAMES: Simona
DATE OF BIRTH: 05/05/1971
CLUB: Nedbank Running Club
NATIONALITY: Hungary

PERSONAL PERFORMANCES

5000 Metres	15:36.69	Budapest	23 JUN 2001
10,000 Metres	32:36.88	Szombathely	13 MAY 2001
10 Kilometres	31:42	Pinkafeld	16 APR 2001
15 Kilometres	49:45	Nijmegen	11 NOV 2001
20 Kilometres	1:07:51	Alphen aan den Rijn	07 MAR 2004
Half Marathon	1:10:11	Den Haag	25 MAR 2000
Marathon	2:29:59	Milano	01 DEC 2002
5 Kilometres	15:16	London	01 SEP 2002
10 Miles Road	54:28	Lelystad	19 JUN 1999

Two Oceans Performances

Year	Time	Position
2003	03:37:32	1
2004	03:40:52	4
2006	03:37:15	3
2007	03:40:39	5
2011	03:43:00	4
2015	04:01:10	6
2016	04:02:59	8

Comrades

2015	Up	07:01:14	9
2003	Down	06:54:49	10



CURRICULUM VITAE: **Sarah Bard**



PERSONAL INFORMATION

SURNAME: Bard
FIRST NAMES: Sarah
COUNTRY: USA
DATE OF BIRTH: 1984
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	38:28	Cape Elizabeth (USA)	06.08.2011
10 km Road	37:55	Cape Elizabeth (USA)	07.08.2010
20 km Road	1:20:25	New Haven (USA)	02.09.2013
Half Marathon	1:19:17	New Bedford (USA)	17.03.2013
Marathon	2:43:16	Hartford (USA)	12.10.2013
100 Kilometres	7:29:01	Winschoten	12.09.2015

PERSONAL PERFORMANCES 2016

Los Angeles (USA) Marathon 2:59:13



CURRICULUM VITAE: **ALEMTSEHAY HAILU KAKISSA**



PERSONAL INFORMATION

SURNAME: Kakissa
FIRST NAMES: Alemtsehay
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

Personal Bests:

Event	P.B.	Year	Place
10000m	33:12	2005	Addis Ababa, Ethiopia
21km	73:05	2007	Addis Ababa, Ethiopia
42km	2:37:15	2008	Beirut, Lebanon
50km	3:37:11	2016	Cape Town

Competitive Records:

Date	Name of competition	Event	Position	Time
2004	IAAF World Country Champ. Brussel	42km	2	2:42:43
2007	Maratona D'Italia Carpi	42km	6	2:40:18
2007	Addis Ababa Nike Half marathon	21km	4	1:13:05
2008	Addis Ababa ABEBE BIKILA marathon	42km	2	2:43:51
2008	Maratona D'Italia Carpi	42km	5	2:39:05
2008	Beirut Marathon	42km		2:37:15
2014	Two Oceans Marathon	56km	9	4:03:56
2014	Legends Marathon	68km		4:50:14
2014	Sanlam Cape Town	42km	8	2:42:45
2015	Comrades Marathon - Up Run	87km	21	7:28:52
2016	Two Oceans Marathon	56km	9	4:03:55



CURRICULUM VITAE: **Frida Södermark**



PERSONAL INFORMATION

SURNAME: Södermark
FIRST NAMES: Frida
COUNTRY: Sweden
DATE OF BIRTH: 1978
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Date
10000m	38:36	
Hal marathon	1:24:33	2011
Marathon	2:51:32	2011
100km	7:52:05	2015
12h	125,6km	
24h	214,2km	

Comrades

Date	Results	Position
2014 Down	06:57:33	8th



CURRICULUM VITAE: **Traci Falbo**



PERSONAL INFORMATION

SURNAME: Falbo
FIRST NAMES: Traci
COUNTRY: USA
DATE OF BIRTH: 12 Nov 1971
CLUB: Nedbank Running Club

Career Highlights

2016 Mad City 100k National Championships 1st place 08:27:10
 2016 The Phoenix Marathon 8th place 03:03:09
 2015 24 Hour IAU World Championship, Silver Medalist, Team Gold
 2015 20th marathon win, Cookeville, TN
 2014 48 Hour American Record, Six Days in the Dome 242.093 miles
 2014 48 Hour Indoor Track World Record, Six Days in the Dome 242.093 miles
 2014 100 mile American Trail Record (11/2014 -2/2015) Tunnel Hill 100 miler 14:45
 2014 Desert Solstice 24-Hour 2nd female
 2014 Destin 50 miler, 1st female, CR
 2014 Umstead 100 miler, 2nd female
 2014 Keys 100 miler, 2nd female
 2014 Kettle Moraine 100 miler, 1st female
 2014 Voted Runner-up IAU Athlete of the Year
 2014 Voted Masters Ultra Road Runner of the Year by USATF
 2013 24 Hour IAU World Championship, 4th female, Team Gold
 2013 Completed Grand Slam of Ultra Running (Western States 100, Vermont 100, Leadville 100, Wasatch 100)
 2013 Freedom Park 24-Hour 1st Overall
 2013 Vermont 100 miler, 2nd female
 2012 50 mile Road National Championships, 2nd female
 2012 Umstead 100 miler, 1st female
 2012 Hawthorne 12-Hour 1st Overall/Overall CR
 2011 Des Planes 50 miler, 1st female
 2011 Cajun Coyote 100 miler, 1st female



CURRICULUM VITAE: **Erika Aklufi**



PERSONAL INFORMATION

SURNAME: Aklufi
FIRST NAMES: Erika
COUNTRY: USA
DATE OF BIRTH: 1977
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
1500m	4:49.77	Claremont (USA)	12.04.2014
3000m	10:19.25	Los Angeles (USA)	01.03.2009
5000m	16:17.20	Palo Alto (USA)	25.03.2005
10,000m	33:56.85	Philadelphia (USA)	28.04.2005
5 km Road	16:26	Carlsbad (USA)	03.04.2005
10 km Road	35:56	Redondo Beach (USA)	05.02.2012
Half Marathon	1:20:41	Los Angeles (USA)	30.10.2011
Marathon	2:54:30	Los Angeles (USA)	21.03.2010
Marathon	2:50:07	Sacramento (USA)	04.12.2011



CURRICULUM VITAE: **Kajsa Berg**



PERSONAL INFORMATION

SURNAME: Berg
FIRST NAMES: Kajsa
COUNTRY: Sweden
DATE OF BIRTH: 16.01.1979
CLUB: Nedbank Running Club

Personal Bests Performances

Event	Result	Venue	Date
1500m ind.	4:56.64	Eskilstuna (SWE)	10.02.2007
3000m	10:18.35	Huddinge (SWE)	14.08.2012
3000m ind.	10:11.13	Huddinge (SWE)	18.01.2013
5000m	17:34.39	Västerås (SWE)	03.08.2008
10,000m	37:05.77	Eskilstuna (SWE)	10.08.2007
10 km Road	37:21	Stockholm (SWE)	18.08.2007
Half Marathon	1:17:50	Stockholm (SWE)	06.09.2008
Marathon	2:44:18	Ljubljana (SLO)	26.10.2008
100km	7:38:52	Belves, France	28.04.2013
100km	7:20:48	Winschoten	12.09.2015



CURRICULUM VITAE: **Cassandra Scallon**



PERSONAL INFORMATION

SURNAME: Scallon
FIRST NAMES: Cassandra
COUNTRY: USA
DATE OF BIRTH: 26.03.1982
CLUB: Nedbank Running Club

Bests Performances 2016

Mad City 100km Road Race 9:12:50 2nd
 Bandera 100 km Ultratrail 9:19:46 1st

Bests Performances 2015

Festival des Templiers - Le Grande Course 73km 8:28:06 4th
 The North Face 100km Australia 12:39:40 8th
 Lake Sonoma 50 Mile 7:22:09 2nd
 Chuckanut 50km 4:29:03 3rd

Bests Performances 2014

Ultra Race of Champions (UROC) 100km 12:12:08 2nd
 Squamish 50mile 9:36:43 3rd
 MSIG Sai Kung 50km 6:00:59 1st
 Ray Miller 50 Mile Trail Race 7:38:16 1st

Bests Performances 2013

Endurance Challenge - California Trail 50 Mile 7:50:42 5th
 Tussey Mountainback 50 Miler 6:24:01 1st
 Ice Age Trail 50 Mile Run 6:46:38 1st
 Lake Sonoma 50 Mile 7:47:42 1st
 Chuckanut 50km 4:25:28 4th

